

DON'T
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WALTHAM FOREST
Get Together

**Black History
Comedy Night**

Friday 10 October 2014, 7.30pm–11.30pm

Walthamstow Assembly Hall, E17 4JD

For details visit
www.walthamforest.gov.uk/get-together

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Issue 123 22 September 2014

Pop-up shop a success

Local business goes from Council's pop-up shop to the West End

The pop-up shop scheme operated by Waltham Forest Council in the borough over the last year has given local residents the chance to launch their business ideas free of charge.

Residents simply pitch an idea for a business and apply for temporary rent-free space in a town centre location to see how viable the idea proves to be. Cllr Clare Coghill, Cabinet Member for Economic Growth and High Streets, said: "Lots of budding entrepreneurs have taken advantage of the opportunity.

"The start-up costs of launching a business can be restrictive and knowing just how viable an idea might be is always going to be the acid test in terms of whether it can survive and grow into a going concern."

Now one businessman who got his break in a pop-up shop has opened up just off Leicester Square. Hovig Yardim's business, Massis Tea, now has a presence in the West End and looks set to go from strength to strength.

"Our stint in Hoe Street Central's pop-up shop in Walthamstow helped us shape our brand and image and we've since opened up our first café in partnership with MADD, right by Leicester Square station, said Hovig.

"Walthamstow's pop-up initiative gave us the chance to 'test-run' our product and marketing strategy, and without that incredible opportunity, we would be months behind on first hand research."

A new array of businesses are taking up residence at the pop-up shop in Hoe Street, Walthamstow from Monday 22 September and applications are also being welcomed for the unit at 76 Old Church Road, Chingford.

More info

For more information about the businesses that will be featuring at the Hoe Street shop, or to apply for a slot at the Old Church Road unit, visit www.walthamforest.gov.uk/loveyourhighstreet. Free internet access is available at all libraries in the borough.



Local resident Hovig Yardim has recently opened a café in central London after a successful stint in the Hoe Street Central pop-up shop

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See page 20 for more information or visit
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Gold again for Village



Members of the Walthamstow Village In Bloom Committee and representatives of Waltham Forest Council met for the London in Bloom judging day earlier this year

Walthamstow Village has once again been recognised for its continued horticultural high standard, responsibility to the environment and community

participation at the London in Bloom awards; held at the Kia Oval on Monday 8 September.

The Walthamstow Village in Bloom team was awarded gold

for the fifth year running in the 'London's Best Village' category, beating Barnes, Kyle Bourne and Twickenham Villages.

Walthamstow Village in Bloom is

■ **Walthamstow Village recognised again at London in Bloom finals**

■ **For the fifth year running it scoops London's Best Village award**

sponsored by Walthamstow Village Residents' Association (WVRA), local businesses and a community bee-keeping project, and is supported by Waltham Forest Council.

Chairperson, Helen Lerner said, "On behalf of my fellow committee members Teresa Deacon, Graham Sherman and John Chambers, I wish to thank all our wonderful volunteers and supporters, the WVRA committee, our sponsors BEE17, Fullers Builders, The Village Spar Stores and Estates 17, Waltham Forest Council and Paul Tickner and everyone who lives, plays and works in Walthamstow Village for their support and hard

work that made this possible."

Other winners included Mr and Mrs Martin of Church Lane who received a certificate as Runner-Up in London's Best Front Garden award.

More info

If you would like to get involved in the next Gardening Day on Saturday 4 October, meet at the Village Square at 10.30am. If you would like volunteer as part of the Gardening Club or on the Bloom Committee, phone Helen Lerner on **07814 042 499** or email helen@walthamstovillage.net.

In my opinion



**Katherine
Creighton Crook**

Resident and Complementary and Natural Healthcare Council
registered massage therapist

Did you know that in the UK anyone can legally set up as a complementary therapist, without any training or qualifications? So how can you know if someone treating you or your family is properly qualified? The answer is by checking with the Complementary and Natural Healthcare Council (CNHC).

The CNHC is the UK's voluntary regulator for complementary therapists, set up with government support. It provides a voluntary register of complementary therapists in the UK. The CNHC register has been accredited under a new scheme set up by the Department of Health and

administered by an independent body, accountable to Parliament.

The Department of Health has also recommended that if a GP advises their patient to see a complementary therapist that they find one who is CNHC-registered. The CNHC's main purpose is to protect the public through regulating the therapists on its register.

About one in five people uses some form of complementary therapy, whether that's massage, reflexology, aromatherapy, hypnotherapy, Alexander technique or any of the other 15 disciplines the CNHC regulates.

In a recent survey, 70 per cent of

people asked by the CNHC were not aware that there was no legal standard for someone to work as a complementary therapist. When you go to a CNHC-registered therapist, you can rest assured that they meet national occupational standards and abide by a rigorous code of conduct, performance and ethics. The CNHC also has a complaints procedure for clients which mirrors that of other health professionals.

As a massage therapist working in Leyton and Walthamstow, and as a resident living in Leyton, it's important to me that everyone who walks through my door is confident they are seeing a qualified

professional. This is why I am CNHC-registered, and all of the therapists who work with me are as well.

I work with the CNHC to help raise local awareness, both for people who use complementary therapies and those who are practising therapists. If someone isn't CNHC-registered, it doesn't necessarily mean they aren't qualified, but CNHC registration is confirmation that a therapist

definitely is qualified to do their job.

You can find a CNHC-registered therapist in your area by visiting www.cnhc.org.uk. I'm also available to give short talks about the CNHC and provide further information and resources to GP surgeries, health centres, sports and social clubs.

For more information visit www.cnhc.org.uk, email katherine@leytonsportsmassage.com or phone **020 8185 7364**.

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 350 words; Waltham Forest News wants to hear from you. Email walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

**Contact
Waltham Forest
Council:**

Visit www.walthamforest.gov.uk
E-mail Wfdirect@walthamforest.gov.uk
Call **020 8496 3000**



Waltham Forest News

Editor: Jenny England

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk or phone **020 8496 3000**.

Advertising and promotional enquiries:

Sue Hardcastle, **020 8496 3000** (press 6)
advertisingwfn@walthamforest.gov.uk

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Their inclusion does not mean that the council endorses the company or product being advertised.

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Tow truck video goes viral

A video of a man recklessly reversing his car off the back of a tow truck in Walthamstow has gone viral, being shared on social media and news websites worldwide.

In the video, filmed by the Council's parking enforcement contractors (NSL), the man is seen climbing onto the back of the truck, which was in the process of removing his illegally parked car from the road. He then casually enters the car and without being able to see what is on the road

behind the truck, simply reverses at speed crashing the vehicle onto the road.

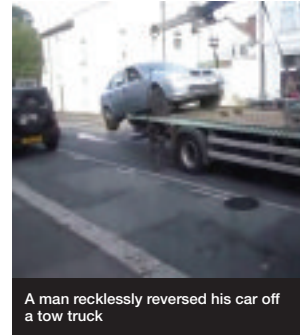
"When you see the video you can't help being shocked by his actions," said Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment. "The man had an utter disregard for anyone on the street and what he did was extremely dangerous."

"You can see kids and other members of the public milling around in the foreground of the video and thank goodness none of

them were in the immediate vicinity or he could have killed someone."

The fruitlessness of his action is highlighted by the almighty crash that naturally occurs as he propels his car backwards off the truck. The drop of around three foot to the ground surely damages the vehicle, but this does not seem to matter to the driver.

The shocking video has been viewed almost 400,000 times on YouTube, and featured on news websites from as far as New York and Chicago.



The incident occurred at around 8am on Friday 29 August in Hazelwood Road, Walthamstow, and the matter was reported to the police by NSL.

More info

To watch the video visit
<http://prod.lbwf.gov.uk/Pages/News/Pen-parker.aspx>.

In brief



Correction – hotel competition

In the last edition of Waltham Forest News (Issue 122) to celebrate the opening of the new Travelodge hotel in Walthamstow we offered one reader the chance to win a one night stay at any of Travelodge's 500 UK hotels. Unfortunately, the email address listed for the competition was incorrect. In light of this error, the competition closing date is being extended to Monday 6 October 2014. The lucky winner will stay in a newly modernised family room which sleeps either two adults and two children or three adults. The en-suite room has a luxurious king-size bed, flat screen TV, tea and coffee facilities and WiFi. You must live in Waltham Forest to be eligible to take part in the competition. Waltham Forest News would like to apologise for any inconvenience caused to readers.

• To enter; send your name, phone number and address (including postcode) to wfncompetitions@walthamforest.gov.uk by 12noon on Monday 6 October 2014. Free internet access is available at all libraries.

Black History Comedy Night

Tickets are now on sale for a Black History Comedy Night, which takes place as part of Waltham Forest's annual Black History Month celebrations. The evening will take place at Walthamstow Assembly Hall (Forest Road, E17 4JD) on Friday 10 October. Doors open at 7pm, and the show will begin at 7.30pm. Hosted by Eddie Nestor and Robbie Gee, visitors will be in for a night of comedy from Slim, Curtis Walker, Quincy, Mr Cee, Dane Baptiste and Njambi McGrath. There will also be musical entertainment from Omar, Jessica Wilde and Don E, as well as appearances by local singers. Tickets cost £9 for adults and £4.50 for under 16s and over 60s (plus booking fees).

• For more information visit www.walthamforest.gov.uk/get-together. You can also buy tickets online at www.ticketweb.co.uk/event/136459 or phone 08444 771 000.

Black History Month

The Black History Comedy Night is just one event taking place as part of Black History Month



- Plays, stories, super heroes and comedians make for a memorable month
- Something for everyone with libraries hosting the lion's share of events

This year Black History Month promises to tick all the boxes, kicking off with a storytelling workshop ideal for children of all ages on Saturday 4 October in Walthamstow Library.

On Wednesday 8 October at Hale End Library Sue Gibbons will be giving a talk on 'Presenting Your Family History', while on Friday 10 October the Black History Comedy Night will see some of the biggest

names on the scene entertain the crowds at Walthamstow Assembly Hall.

One of the highlights this year promises to be a stage play at Leytonstone Library on Saturday 11 October called 'Losing Sight of Home' by Paula David. The story is based on real accounts of British Caribbeans from the 1960s interviewed over a period of several months.

The project also saw Year Eight pupils from Walthamstow School for Girls and Buxton School interview elders in the community and guided them through the process of putting together a devised theatre piece to perform in front of their schools.

On Thursday 16 October Rita Ese Edah reads passages from her new book, 'Beauty's Story', at Hale End Library, and on the same day

at Walthamstow Library the theme of the evening is 'Perspectives – African Diaspora in Conversation'.

And if you've ever wondered about Black Super Heroes, then get down to Leytonstone Library on Saturday 18 October where Tony Walker will be hosting an animation festival for residents aged 6 to 60.

More info

For more information on events and activities taking place during Black History Month visit www.walthamforest.gov.uk/bhm2014. Free internet access is available at all libraries in the borough.

4 Priorities

Getting out and enjoying life

Waltham Forest has four key priorities to help improve the lives of residents. In this edition we look at what is being done to help you and your family by making sure that older residents live happy, active lives



As many of the borough's residents may agree, getting older doesn't necessarily mean that you're ready for a pipe, slippers and a nice comfy chair as soon as you reach retirement age. With one in 10 Waltham Forest residents now aged 65 or over, the Council is committed to making sure that older people have the activities, services and support they need to make the most of their retirement years.

Cllr Angie Bean, Cabinet Member for Adult Services, told Waltham Forest News: "Today, being an older person doesn't have to mean staying indoors and feeling like the world is passing you by.

"Older people represent an important and growing section of our community, and that's why we're committed to providing a good range of things to do, to encourage older residents to play an active role in the borough."

Older People's Weekend

Waltham Forest is hosting a special Older People's Weekend from Friday 3 to Monday 6

October. The weekend coincides with Silver Sunday - a national celebration of older people. It is organised by the Sir Simon Milton Foundation and encourages

"Older people represent an important and growing section of our community, and that's why we're committed to providing a good range of things to do, to encourage older residents to play an active role in the borough."

people over 65 to keep active, try new things, meet their neighbours and overcome loneliness.

Over the weekend older people can enjoy a range of activities taking place in libraries and leisure centres across the four main areas of the borough.

One highlight will be the launch of a new monthly tea dance in Leyton. Residents can see a dancing exhibition from a former Senior British Ballroom Champion before taking a turn on the floor for a waltz or foxtrot. The event takes place at The Great Hall (1 Adelaide Road, E10 5NN) on Sunday 5 October from 1 to 4pm. Entrance



costs £5 per person and no booking is required, just turn up.

Turn to the advert on page 8 of this edition of Waltham Forest News for more information.

Active in body and mind

As well as special events, Waltham Forest also offers a regular programme of leisure activities for older people.

All residents aged 60 and over can sign up for free swimming. The Council-funded initiative allows eligible residents to swim for free at any time at Waltham Forest's leisure centres. To take advantage of the offer you must register at www.better.org.uk/walthamforest. Registration costs £6.90.

Discounted leisure centre memberships are also available for over 55s, with most leisure centres

running a range of special fitness classes, offering everything from aerobics to yoga. Ask your local leisure centre for more details.

Sports men and women aged over 55 are also needed to compete against 20 other London boroughs in the Better Club Games. The competition is open to people of all abilities and players are needed for short tennis, table tennis, bowls, darts, badminton, dominoes and swimming. The games will take place on Friday 17 October at the Copper Box Arena (Queen Elizabeth Olympic Park, E20 3HB). Entries close on Friday 3 October. Visit www.better.org.uk or email club.games@gll.org for more information.

You can also stay active in your neighbourhood by attending your local Community Ward Forum meetings, where you can find out about things happening in your area and information on local volunteering opportunities. Simply visit www.walthamforest.gov.uk/community-ward-forums to find out more.

Freedom Pass

To help people get out and about, rather than staying at

home and feeling isolated, the Council has continued to fund the Freedom Pass for 37,000 over 60s in Waltham Forest, giving them free travel on buses, tubes and overground services across London. You can apply for a Freedom Pass at your local Post Office or online at www.londoncouncils.gov.uk/freedompass.

Get online

The Council website has lots of information for older people, their families and carers. Download useful factsheets, find out if you are eligible for extra support and see what activities are taking place.

More info

For more information on Council services for adults, visit www.walthamforest.gov.uk/adults-and-older-people or phone 020 8496 3000. For more information on events happening for Older People's Weekend phone the Community Engagement team on 020 8496 3000. For more information on leisure activities for older people visit www.better.org.uk/walthamforest.

What you say

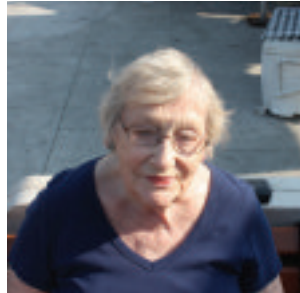
Residents tell Waltham Forest News what they think about the Council's work to make sure older residents live happy, active lives



Anthony Walker, Chingford



Donna Charles, Chingford



Amelia Lawford, Walthamstow



(From left to right) Jane Lewingdon, Jill Goldrick and Janet Wignall, all from Chingford



Anthony Middleton, Chingford

"I think there is always more that the Council could be doing for older people. Things like making sure there are adequate toilet facilities available in town centres and first aid bays are important."

"I think it is very important that services for older people help them interact with each other. It is very easy to become isolated, so good community centres with interesting activities are essential."

"I've just come up here to a club and think it is really important that older people have plenty of activities to attend. I used my Freedom Pass to get here too – I don't know what I would do without it."

"Clubs and the Older People's Christmas Dinners mean a lot, so are very worthwhile. It's also important that older people are kept informed of services and Waltham Forest News is very good for that."

"I'm Chingford born and bred, so naturally love it here, but the Freedom Pass is brilliant in allowing me to travel all over, even outside London. I definitely travel more now that I have it."

Priority: Helping you and your family

Commitment:

- Not raise council tax and will continue to fund the freedom pass
- Make sure you have access to training and education that helps you get a job whatever your age
- Support schools so that they can deliver a high quality education for our young people in decent buildings
- Work with the community to keep vulnerable adults and children safe

Priority: Making our community a safer place

Priority: Keeping our borough clean

Priority: Bringing you better shopping, streets and leisure

In brief

Jumble Trails

St James Street in Walthamstow and Bushwood in Leytonstone recently enjoyed Jumble Trail events that saw residents clear some unwanted possessions, make a bit of cash and meet their neighbours. A Jumble Trail is like a car boot sale, but instead of gathering in a muddy field, communities' come together to set up stalls outside their houses to sell bric-a-brac, toys, vintage clothes, cakes or whatever else they no longer need. The whole thing is coordinated online, providing visitors with a colour coded map to explore the treasure on sale in the particular neighbourhood.

• **For further information on how you could organise a Jumble Trail in your neighbourhood, visit www.jumbletrail.com.**

Flight path consultation

On Thursday 4 September London City Airport launched a consultation into proposals to alter flight paths over the borough. Current routes see planes pass over Leyton Midland Road and Leytonstone. In 2013 London City Airport flew 3.3million passengers on flights that went to over 40 destinations. The changes will not see an increase in the level of air traffic, but technological changes will mean a reduction in the overall area regularly overflown that will lead to an increase in the concentration of flights over some areas.

• **For more information, and to have your say by taking part in the consultation before it ends on Thursday 27 November, visit www.londoncityairport.com/home/page/lamp.**

Fun Palace

The Mill in Walthamstow becomes a Fun Palace on 4 and 5 October as part of a national event celebrating what would have been Joan Littlewood's 100th birthday. More than 100 Fun Palaces will be created across the UK and beyond, with the Mill hosting activities including children making a giant elephant, the Garden Room being covered with drawing paper for everyone to cover in Walthamstow-inspired sketches, and three amazing local choirs taking part in community singing.

• **For more information on what's happening (Saturday 11am to 4pm and Sunday 11am to 1pm) visit www.themill-coppermill.org/fun-palace-news. Free internet access is available at all libraries in the borough.**



Council Leader, Chris Robbins, opens the new play area at Sidmouth Park with the help of local children

More park and leisure improvements unveiled

- **Dinosaur spotted in Leyton park proves a roaring success**
- **Latest addition part of Waltham Forest's ever-improving leisure offer**

Did you know that Waltham Forest has more green space than any other London borough north of the Thames? And when Waltham Forest Council speaks to residents about what is important to them, better leisure facilities often top the list.

That's why £2million has been spent on improving 28 parks and play areas over the last 18 months. Improvements have included the addition of a variety of outdoor play activities for children, green gyms to help keep residents active, and refurbishment works to a number of toilets.

Sidmouth Park in Leyton (Sidmouth Road, E10 5QZ) is just one that has been rejuvenated by the ongoing programme of work. Exciting new and refurbished play equipment and safer surfacing was put in place earlier this year for both the under 7's and under 12's play areas.

Enhanced entrances into the park are complemented by new landscaping and the park now boasts table tennis tables, a picnic and recreation area and a pterodactyl.

Yes, you read that right, on Wednesday 17 September Council Leader, Chris Robbins, revealed to the world the latest addition – a spectacular pterodactyl climbable play sculpture.

Carved from a hunk of reclaimed cedar by award-winning chainsaw artist Will Lee, the Jurassic addition is certain to get young bodies and minds active. It is the centrepiece of a new play area which includes dinosaur 'wings' of timber and chains, play trees and logs.

Speaking at the event, Chris said: "The pterodactyl is great – a real piece of art and the sort of thing kids will love playing on. The investments we've made have seen everything from pirate ships, skate parks, tennis courts and amphitheatres put into our parks. "The cultural and leisure facilities in this borough have got better and better over the last few years and with more improvements on the way this really is a great borough to go out and enjoy yourself in."

The Scene at Cleveland Place is a £30million regeneration project that is set to open at the end of the year. It will centre around a

nine screen digital cinema capable of seating 1,200 film-goers and will include Pizza Express, Nando's, Yum Yum and Turtle Bay restaurants.

The Council is also working closely with leisure provider 'Better' to transform leisure centres across the borough as part of a £24.5million investment programme.

Completed works have already seen Larkswood Leisure Centre repainted and renamed Chingford Leisure Centre and Walthamstow Leisure Centre (previously known as Kelmescott Leisure Centre) benefit from a host of improvements to the sports hall, football pitch and gymnasium.

Leyton Gym (formerly Plumtree Studios) has reopened following a major refurbishment, with facilities now including a 100 station gym, and Leyton Leisure Centre (formerly Leyton Leisure Lagoon) reopened after a £3.5million refurbishment.

Cathall Leisure Centre is currently closed whilst refurbishment work takes place, but is due to reopen next month

with new facilities. It will be renamed Leytonstone Leisure Centre.

Waltham Forest Pool and Track is proposed to undergo the biggest transformation, with the facility planned for demolition and rebuild from the ground up. It will offer state-of-the-art facilities and a host of new amenities to meet local demand.

The four main Library Plus buildings at Leyton, Leytonstone, Walthamstow and Chingford are also going through a £5million redesign, with the refurbished libraries set to offer modern and attractive spaces, equipped with new technology and providing residents with easy access to a wide range of services.

More info

For more information about the 'Creating a better place to live' campaign that is improving the borough's streets, and attracting better shops and leisure facilities visit www.walthamforest.gov.uk/betterplace. Free internet access is available at all libraries in the borough.

Recycling gives food for thought

- Summer weekly collections of food and garden waste coming to an end
- Do your bit to continue to put organic waste in your brown bin, not your black



Residents are encouraged to keep recycling as much organic waste as possible

The policy of collecting residents' brown bins on a weekly basis, rather than fortnightly, during the summer months has proved a real success story here in Waltham Forest in recent years.

"We've seen the amount of food and garden waste we collect increase greatly because of the initiative," explained Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment.

"Fundamentally it is about understanding how our residents feel about waste. We recognised that for some the idea of leaving food waste uncollected for two weeks – even in a secure bin – was too much to bear."

The weekly food waste collections are designed to make recycling even more convenient for residents, meaning they can easily dispose of food and garden waste in their brown bin, and not be tempted to

put it in their black bin.

Councils up and down the country are looking to find these sorts of innovative solutions to drive up their recycling rates, both to help the environment and to stop having to pay the price of sending waste to landfill or for incineration.

Waltham Forest residents are reminded that the weekly collections revert back to fortnightly from the end of this month (September), except for two rounds in Chingford and Leytonstone where there will be a trial of an extended month of weekly organic waste collections.

Affected residents will be told that the Council will continue to have their brown bins collected weekly in order to test whether the amounts collected continues to remain higher than those wards that only have fortnightly collections.

Obviously at this time of year the leaves start to fall from the trees, which is one of the reasons garden waste may be greater. However,

it will also be interesting to see if residents continue to use their brown bins to a greater degree for food waste as well, or whether some starts to creep back into black bins.

While the fear is that food waste left in bins will attract flies and vermin, if the bin lid is shut properly and with the weather getting colder, the truth is this problem is very rarely experienced.

What's more, putting all your peelings and leftovers in your brown bin can make a real difference. For example, by simply putting tea bags in the brown bin, Waltham Forest residents can compost around 800 tonnes more food waste a year.

More info

To find out what organic waste you can dispose of, visit www.walthamforest.gov.uk/rubbish-recycling. Free internet access is available at all libraries in the borough.

In brief



Mini Holland aims to get more people cycling

Mini Holland road trial

Earlier this year, Waltham Forest was successful in its bid to Transport for London (TfL) for £30million to radically improve the borough's cycling infrastructure and to encourage more people to start cycling. One of the key ways the 'Mini Holland' project is aiming to improve cycling in the borough is by reducing the amount of rat running in particular areas, so the Council is trialling a series of road closures in Walthamstow Village between Friday 26 September and Monday 13 October. Not only will the road closures make it safer for cyclists and pedestrians and improve air quality, but it is also expected to increase footfall in the area, giving the local economy a boost.

• For more information visit www.walthamforest.gov.uk/miniholland or email miniholland@walthamforest.gov.uk. Free internet access is available at all libraries in the borough.

BENEFIT CHANGES

LOCAL COUNCIL TAX SUPPORT SCHEME CONSULTATION

Have your say on proposed changes to the Local Council Tax Support scheme

We would like to hear your thoughts on proposals to change how the current Local Council Tax Support scheme works.

To find out more and have your say, complete the survey online by Monday 20 October 2014 at www.walthamforest.gov.uk/CTSconsultation



Free internet access is available at all libraries in the borough.
To request a printed copy of the survey, or if you have any queries, please call **020 8496 3000**

Senior resident? Get involved!

As part of a national programme the Council will be delivering a weekend of enjoyable activities and events for older people between 3rd and 6th October. There will be something on offer across all four areas of the borough. Check your local library and leisure centres for more information or contact Waltham Forest Direct on 0208 496 3000.

This is just a taster of what's on...

Wood Street Library E17 4AA

The Next Growing Season – Even if you don't have a big garden, you can still grow some food yourself. Now's a good time to get a few winter crops into the ground!

Saturday 4 October 11am–12.30pm – Free Event



Great Hall Leyton 1 Adelaide Rd E10 5NN

Tea Dance – The launch of a new monthly tea dance in Leyton hosted within the regal grandeur of the Great Hall. An exhibition of ballroom dancing by a former Senior British Ballroom Champion will provide the highlight of the afternoon so put on your dancing shoes and step back into an age of elegance. Places are on a first come, first served basis and will be limited so please arrive early.

Sunday 5 October 1pm – 4pm

£5.00 entrance fee. No booking needed.



Leytonstone Library E11 1HG

Look Fab with Fitsteps – Keep fit and have fun with these Ballroom & Latin fitness classes. Easy to pick up and you don't need a partner.

Monday 6 October 11am–12.30pm – Free Event



North Chingford Library E4 7EN

Film: Le Week-End – A British couple return to Paris many years after their honeymoon there in an attempt to rejuvenate their marriage, starring Jim Broadbent and Lindsay Duncan

Friday 3 October 3pm – 5pm – Free Event

There's so much for older people to do:

at our leisure centres

- free public swim sessions – 55+ club aerobics – 50+ football... and more!

and Libraries

- reading groups – film clubs – explore your family history... and more!

and volunteering

- at Council events – in libraries and schools – sitting on a Governance Board ... and more!

and learning

- computer skills – to play guitar – pottery making...and more!



Unless otherwise stated book your place for the library activities by calling 020 8496 3000 or visiting the library or online at www.wflibraries.eventbrite.co.uk

For more information look on-line at www.walthamforest.gov.uk, call Waltham Forest Direct on 0208 496 4613 or pop into your local leisure centre or library.



Waltham Forest

Leyton



Countryside Live

- Countryside Live returns to Leyton Marsh on 27 and 28 September
- Find out more about country living, enjoy a day out, see the infamous dancing sheep and much more

While Waltham Forest is often cited as one of the greenest of all the 33 London boroughs, most of us wouldn't associate country pursuits with living in a busy London borough. But thanks to Lee Valley Regional Park, local people can take the opportunity to find out more about country living at a forthcoming event.

Billed as 'London's most popular countryside show', Countryside Live will return to Leyton Marsh (Lea Bridge Road, Leyton, E10 7QL) for the fifth year running. Thousands of visitors are expected to turn out on Saturday 27 and Sunday 28 September for the event, which brings the joys of rural life to our corner of north east London. Opening hours are 10am to 5pm over the course of the weekend.

The event, which offers free entry for all children under 16,

gives residents of all ages the opportunity to discover more about the countryside, understand where food comes from and enjoy an array of activities and displays.

The jam-packed arena programme will give the chance to enjoy everything from ferret racing and a falconry display to bushcraft demonstrations and the infamous dancing sheep show.

The whole family can get busy with a range of hands-on activities including willow weaving, wood turning, apple pressing, bird box making, planting tree seeds and identifying minibeasts.

There are animals galore too. From the more traditional farm animals of sheep, goats, ponies and calves, there are also some smaller animals for you to have a hold of including rabbits, guinea pigs and tortoises. And why not meet some shy and unusual visitors including bats and otters and some

critters from foreign places too.

Dawn Richardson, Acting Senior Conservation Officer at Lee Valley Regional Park Authority, told Waltham Forest News: "Countryside Live is a great day out and a fantastic opportunity for children and families who live in cities and towns and don't have access to nature, which we think is so important.

"We hope the event inspires local people to start discovering the great outdoors, and realise that there is so much to do: even in more urbanised areas like Waltham Forest."

Adult entry to Countryside Live costs £5 for a single day pass or £7 for a two day pass. Kids go free. Visitors are encouraged to travel to the event by public transport or bike as there is limited parking available nearby.

Dawn added: "Lee Valley Regional Park has 26 miles filled

with parklands, nature reserves and green spaces, providing a wealth of opportunities to get close to nature: from Lee Valley Park Farms near Waltham Abbey, to regular walks and cycle rides, to award winning nature reserves."

So whether you want to find out more about countryside skills and hobbies, or just want to get a close up look of some furry farmyard friends, it's sure to be a fun day out for residents of all ages.

More information about the event, including a list of exhibitors and a schedule for all arena exhibitions and displays, is available on the Lee Valley Regional park website.

More info

For more information, visit www.visitleevalley.org.uk/whatson. Free internet access is available at all libraries in Waltham Forest.

In brief

Free English classes

Residents who would like to improve their English conversation skills are being invited to attend free English classes taking place in Leyton. The sessions, which are supported by the Grove Green Community Ward Forum, run every Monday and Thursday at Christ Church (73 Francis Road, E10 6PL) and take place from 9.30–11am. All learning materials needed for the classes will be provided; you just need to bring your own notepad and pen. New students must arrive and register at 9.15am. No crèche facilities are available.

• For more information phone Christ Church on 020 8925 2728.

Leyton Art Collective

A community-led initiative described as 'a group of local artists, residents and business people on a mission to 'artify' your life in Leyton' is asking local people to get involved in a project to paint murals in the area. Leyton Art Collective have already identified three sites for murals; Leyton Orient FC, The Royal Café and Gym's Kitchen. The group is inviting local residents, businesses, schools and other organisations to get in touch to suggest other possible mural sites. The theme is Leyton: Past, Present and Future, but you are free to interpret this however you like.

• For more information visit www.facebook.com/leytonartcollective, follow on twitter @leytonart or email leytonartcollective@gmail.com.

Historical Society

Leyton and Leytonstone Historical Society's (L&LHS) project group has listed and mapped legible gravestones and other memorials at St Mary's Parish Church in order to discover more about the people commemorated in the churchyard and notably, those who died during World War I. A talk about the project will also take place at St Mary's Parish Church (35 Church Road, E10 5JP) on Thursday 30 October. The evening will begin at 7.45pm. L&LHS aims to research and promote interest in and knowledge of the history of the area of the former Borough of Leyton. Members receive a regular newsletter and can take part in a range of events and meetings. Talks are free for members of L&LHS and visitors pay £1.50 to help cover costs.

• For more information visit www.leytonhistorysociety.org.uk or phone Maureen Measure on 020 8558 5491.

Sports and fitness

Women only Pilates

Every Friday except first, 7–8pm
Foster Hall, Wellesley Road, E17 8JZ
Traditional Mat Based Pilates is one of the most effective body sculpting workouts you can do. Pilates combines strengthening, relaxation, flexibility, alignment and stamina by correcting muscular imbalances and alleviating tension. Mixed abilities, £5 per drop in class, mat required. **For more information email mariabonner@btinternet.com or phone 07514 180 360.**

Yoga for all levels

Tuesday, Wednesday and Saturday mornings
United Reform Church, 58 Orford Road, E17 9QL
Yoga has masses of benefits from sleeping more peacefully, reducing stress, improving strength and flexibility and detoxing you. Yoga isn't just for the young and flexible – all poses can be modified to suit every body type. Come and join Sarah, registered Yoga Alliance teacher, at these friendly local classes. **For more information email enquiries@yoyoga.co.uk, visit www.yoyoga.co.uk or phone 07815 120 792.**

Ladies Tap Dancing Classes

Thursdays; beginners, 12.15pm and improvers, 12.30pm
St Edmund's Church Small Hall, Chingford Mount Road, Chingford E4.
Charge of £4 per class. Classes are also available on Tuesday evenings. **For more information phone Mandy on 07976 786404, or 01992 524681.**

Gentle Yoga

Every Tuesday, 11am–12pm
Leyton Yoga, 691 High Road Leyton, E10 6RA
A therapeutic yoga class to help encourage healing, reduce pain, lengthen and support the spine, and release tension from the body. This meditative practice encourages deeper body awareness and inner strength. All classes are drop-in, with no need to pre-book. Cash only, £6. **For more information email leytonyoga@gmail.com or visit www.leytonyoga.com.**

Pregnancy Yoga Class

Every Sunday, 9–10am
Leyton Yoga, 691 High Road Leyton, E10 6RA
Prepare for birth and motherhood in this gentle pre-natal class, focused on the breath. Open to women of all levels of experience in their second and third trimester. All classes are drop-in, with no need to pre-book. Cash only, £10. **For more information email leytonyoga@gmail.com or visit www.leytonyoga.com.**

Beginners Running/Jogging Group

Wednesday 25 September, 6.40pm
Jubilee Retreat, Bury Road, E4 7QJ
An eight week course jogging with other beginners and qualified coaches taking you from 0 to 5km, ending with a local ParkRun. £3 per session. **For more information email anne_de_asha@yahoo.co.uk or visit www.orionharriers.org.uk.**

Zumba in Walthamstow

Thursdays, 7.30pm
Harmony Hall, 10 Truro Road, E17 7BY
Drop-in sessions, £5 per class. **For more information phone Katya 07826 101 222, visit www.katyag.zumba.com or email zumbassion@gmail.com.**

Mixed Ability Yoga – beginners welcome

Wednesdays, 7.30–9.30pm and Thursdays, 7.30–9.30pm
Friends Meeting House, Bush Road, E11 3AU
Fridays, 7–8.30pm and 8.40–10.10pm and Mondays, 1–3pm
Peterhouse Centre, Forest Rise, E17 3PW
Down-to-earth Hatha Yoga. Help for anxiety and depression as well as physical problems. Sleep better, feel better. Fully qualified teacher since 1984 (British Wheel of Yoga). £8 for 90 minute classes and £8.50 for two hours. **For more information phone Kay on 020 8554 7168 or email kay_russell_yoga@hotmail.com.**

West Essex Ramblers

Wednesday 8 October, 10.30am
Meet at Bury Road Car Park, Chingford
Join us for a 3.5 or 5 mile walk to Highams Park Lake and South Chingford via Connaught Water. This friendly rambling group invites you to join their walks on Wednesdays, Thursdays, Saturdays and Sundays. **For more information phone 020 8502 1628 or visit www.westessexramblers.org.uk.**

Modern Jive in Chingford

Thursdays, 7.45–10.30pm
Chingford Assembly Hall, Station Road, Chingford, E4 7EN
Do you want to try Modern Jive? Come along and bring a friend (male or female) and on your first week entry is two for the price of one. Great music at this lovely venue. Beginner's class starts at 8pm. Entry £7 on the door. **For more information phone Phil on 07548 124 701.**

Lloyd Park Green Gym

Every Friday 10.45am–2pm
Lloyd Park, Forest Road, E17 5JW
The Conservation Volunteers Green Gym® is a scheme which inspires you to improve your health and the environment at the same time. Experienced leaders guide you through a range of practical projects, giving you the opportunity to tackle physical jobs in the outdoors – improving your strength and stamina, boosting your practical skills and confidence and benefitting your local

green spaces. **For more information phone 020 8533 8022, email gg-waltham-forest@tcv.org.uk or visit www.tcv.org.uk.**

Pilates in Leyton

Thursdays, 7–8pm
Leyton Parish Church Hall, Lindley Road, E10 6QT
Drop in Pilates classes. General level but beginners and more experienced participants can be accommodated. Classes cost £10 and mats and small equipment are provided. Alison is highly qualified and has been teaching for 14 years. Pilates can improve your strength, flexibility, balance, coordination, bone density, reduce pain and encourage relaxation. Men, women, older people; all are welcome. New participants must contact me first please. **For more information email alison.bray@gmail.com or visit www.facebook.com/abpilateslondon.**

Restorative Yoga

Mondays, 6–7pm
The Mill, 7 – 11 Coppermill Lane, E17 7HA
Gentle healing yoga poses and relaxation class for health conditions, or limited mobility. Safe, effective way to increase physical activity, strength, balance and flexibility. Helps with numerous conditions from high blood pressure, pain management and back problems to weight management, depression and stress. £54 for 6 weeks or £9 drop in. Private one to ones available. **For more information and bookings email josettayoga@hotmail.co.uk.**

Ashtanga Yoga

Fridays, 9.45–10.45am or 9.45–11.15am
Quaker Meeting House, 1a Jewel Road, E17 4QU
Fast flowing dynamic yoga class. Great for all round wellbeing and increasing fitness, stamina, strength, flexibility and balance. Bring your own mat. Option to stay for 60 or 90 minute class.. Fridays 9.45 – 10.45am or 11.15am. £54 for 6 weeks/£9 drop in/£12 for the 90 min class. Private one to ones available. **For more information and bookings please email josettayoga@hotmail.co.uk.**

Free Karate Taster Session

Wednesdays, 7.30–8.30pm
Walthamstow Academy, Billet Road, E17 5DP
Any resident aged 6 and over is invited to join the Chingford Tora Karate Club for a free karate taster session. **For more information phone 07949 228 401, email chingfordtora@hotmail.co.uk or visit www.chingfordtora.co.uk.**

Jacky's Fitsteps

Thursdays, 9.30–10.30am
Chingford Masonic Hall, Forest Approach, E4 7AZ
FitSteps® is formulated by Strictly Come Dancing's Ian Waite and Natalie Lowe, along with Mark Foster. It's ideal for toning, building muscle strength, and slimming down. You do not need a partner, as it is a fitness class. Jacky runs classes in

Walthamstow too. £6 or 4 classes for £20. **For more information visit www.fan.fitsteps.co.uk/find-a-class/listing/fitsteps-324, phone 07715 421 349 or email jacjake@aol.com.**

Clubs and community

Support Group – adults with children overseas

Saturday 4 October, 7.30–9pm
Quaker Meeting House, 2a Jewel Road, E17 4QU
Do you have adult children living overseas? Do you find it difficult and need to talk about it? Would you like to meet others in a similar situation? Come for a chat and cup of tea. Entry costs £1.50 – just turn up. **For more information email jean.duggleby@virgin.net.**

Club Mellow 50plus Women's Supper

First Tuesday of every month, 7–9pm
Elop Centre, 56–60 Grove Road, E17 9BN.
This group is for lesbian, bisexual and trans 50+ women to socialise with supper at our new group. Tasty hot food provided. Entry costs just £2. **For more information phone 020 8509 3898 or email info@elop.org.**

Club Mellow 50plus LGBT Afternoon Tea

Fourth Sunday of every month, 2.30–4.30pm
Elop Centre, 56–60 Grove Road, E17 9BN.
This group is for lesbian, gay, bisexual and trans 50+ men and women to socialise with afternoon tea and cake. Entry costs just £2. **For more information phone 020 8509 3898 or email info@elop.org.**

Club Mellow Women's Group

Every Monday, 7–9.30pm
Elop Centre, 56–60 Grove Road, E17 9BN
Club Mellow Women's Group is a space for lesbian, gay, bisexual or trans women who want to meet up with others in a friendly, supportive environment away from the scene. Admission £2. **For more information phone 020 8509 3898 or email info@elop.org.**

Beauty Therapy Student needs clients

Days and times vary
Waltham Forest College, E17 4JB
I need clients for my Beauty Therapy Course at Waltham Forest College and specifically for anti-aging and massage treatments. You will be given professional salon treatments by me, supervised by my tutor. These expensive treatments will be given at a reduced price, meaning you will pay no more than £20. **For more information, or to register your interest, phone Sonya on 07976 733 845.**

Stamp Fair

Saturday 11 October, 10am–4.30pm
Our Lady of Lourdes Church, 51 Cambridge Park, E11 2PR
Leytonstone, Wanstead and District Philatelic Society are hosting a Stamp Fair which will include stamps, postcards, coins and cigarette cards and a 'kid's corner'. Dealers will be in attendance, and refreshments are available. No entrance charge. **For more information visit www.lwdps.org or phone 020 8989 2885.**

Free Women's Coffee Morning

Thursday 25 September, 10.30am–12noon
Active Change Foundation, 453 Lea Bridge Road, E10 7EA
This session will focus on managing your household budget. Volunteers from Barclays will give us some tips on Money Management. All women are welcome to our free Coffee Morning, which is a great opportunity to meet new people and talk about issues in a friendly environment. **For more information phone Safiyyah on 020 8279 1258 or email safiyyah@activechangefoundation.org.**

Free English Classes

Mondays and Thursdays, 9.30–11am
Christ Church, Francis Road, E10 6PL
Want to improve your English conversation skills? Then join us for these free sessions, which are supported by Grove Green Ward. The classes are suitable for beginners and improvers. All learning materials are provided free of charge, just bring a notepad and pen. New students must register at 9.15am. Sorry, no crèche facilities available. **For more information phone 020 8925 2728.**

Culture and crafts

Fun Palace

Saturday 4 and Sunday 5 October, 11am–4pm
The Mill, 7–11 Coppermill Lane, E17 7HA
At The Mill we believe everyone is creative. We invite residents aged 1 to 101 to get involved. Kids – construct a new giant Mill animal with Vanessa and Kate. Anyone, any age can join local artists and draw on the walls of the transformed garden room. All ages can share their fun memories of Walthamstow On Sunday afternoon (1.30–4pm) everyone can sing with Waltham Forest Community Choir, Natural Voices Children's Choir and British Gospel Arts 4 Life. Fun Palaces are a National event celebrating what would have been Joan Littlewood's 100th birthday. The Mill is proud to be one of 100+ Fun Palaces created across the UK and beyond. **For more information visit www.themill-coppermill.org.fun-palace.**

B.I.G. Gospel Choir

Saturdays, 4.30–6pm

All Saints Highams Park, Church Avenue,
E4 9QD

Come and join the Waltham Forest section of The B.I.G. Choir, finalists of Songs of Praise Gospel Choir of the Year and part of the first Gospel Proms.

We are offering free membership for new members during the month of September.

For more information visit www.britishgospelarts.com/bigchoir.

E17 Jazz

Wednesday 29 October, 8.30–10.30pm

Orford House Social Club, 73 Orford Road,
E17 9QR

The award winning E17 Jazz Collective presents concerts on the last Wednesday of each month featuring local musicians of national renown plus exciting guest stars in a relaxed jazz club setting. Entry £10 or £7. **For more information visit www.e17jazz.com/whatson/**

E17 Designers Autumn Event

Sunday 5 October, 2–6pm

Asian Centre, 18a Orford Road, E17 9LN

Offering a wide choice of diverse, high quality products – including music from local band The Stowicks. Entry costs £2, which includes a free drink, music and goody bag prize draw! **For more information email contact@e17designers.co.uk.**

Waltham Forest Community Choir

Mondays, 7.30–9.30pm

St Mary's Church, 8 Church End, E17 9RJ

A friendly choir with a wide-ranging repertoire, from Faure to Folk via Gospel, African and Pop Classics. Open to those living or working in Waltham Forest. New members welcome anytime, particularly tenor and bass voices. No experience necessary. Termly subscription payable.

For more information email Info@singwithus.net or phone 07954 740 745.

CAOS needs new members

Tuesdays and Thursdays, 7.30–10pm

Waltham Forest College, 707 Forest Road,
E17 4JB

The College Amateur Operatic Society (CAOS) is keen to recruit enthusiastic new members for its Christmas show and summer production. We rehearse at Waltham Forest College on Tuesdays and Thursdays. **For more information email damedoreen@yahoo.co.uk, phone 020 8539 9474 or visit www.collegeoperatic.co.uk.**

Fundraising Vintage E17 Fair

Saturday 11 October, 11am–6pm

St Mary's Welcome Centre, Church End,
E17 9RJ

A fundraising Vintage Fair in aid of Macmillan Cancer Support. A century of authentic head-to-toe vintage for ladies,

gents and juniors. There will also be a vintage tea room and entertainment and 35 stalls. Entry costs £2. **For more information, or to book a stall, email vintage4macmillan@gmail.com or visit www.vintageE17.uk.**

Forest Philharmonic concert

Sunday 12 October, 6.30pm

Walthamstow Assembly Hall, Forest Road,
E17 4JD

Forest Philharmonic Orchestra concert featuring compositions by Szymanowski, Mussorgsky and Rimsky Korsakov. Tickets cost £8 to £15 and can be booked in advance. **To buy tickets email tickets@forestphilharmonic.org.uk, book online at wegottickets.com and search for 'Forest Philharmonic' or visit www.forestphilharmonic.org.uk and read the 'Concerts' page.**

Five String Banjo for Adults

Mondays, 6.30pm and 7.30pm and Wednesdays, 6.30pm

Quaker Meeting House, 1a Jewel Road,
E17 4QU

Improvers can join the Monday 6.30pm class, while intermediates can join the 7.30pm or Wednesday class. Dick Smith teaches five-string Banjo classes in three finger bluegrass style picking. Start from scratch or brush up your banjo skills in a relaxed and fun environment. £10 per class when paying by term in advance, £12.50 per class when paying by term on first day of class or £15 per class otherwise. **For more information phone 07745 052 525, visit www.banjosmith.co.uk or email info.banjosmith@gmail.com.**

Strung Out violin groups for adults

Days vary, times TBC

Studio Office, Quaker Meeting House, 1a Jewel Road, E17 4QU

Strung Out is a fun violin group for adult enthusiasts of all levels, with a professional musician. All styles of music welcomed from classical to traditional. Fun is the key ingredient! Classes available for absolute beginners, improvers, easy and intermediates. Classes are limited, so please book in advance. Please ask about daytime classes and private lessons. **For more information, and to reserve a place, email strungout@shapeshifter-productions.com or phone 020 7018 2927.**

Ukulele Classes for adults

Mondays, 8.30pm; Wednesdays, 7.30pm and Saturdays, 10.30am and 11.30am

Studio Office, Quaker Meeting House, 1a Jewel Road, E17 4QU

Learn the ukulele or improve your skills with an experienced, professional musician in a fun and relaxed environment. Instruments not provided. £8 per class when paying by the term in advance, £10 per class when paying by the term on the first day of class. Beginners can

join the Monday class, while improvers/intermediates can join the Wednesday class.

For more information phone 07745 052 525, visit www.banjosmith.co.uk or email info.banjosmith@gmail.com

Stow Tellers – Walthamstow Storytelling Club

Monday 13 October, 7.30–9.30pm

The Welcome Centre, St Mary's Church, 8 Church End, E17 9RJ

A regular evening of traditional stories, myths, legends, folk tales and tall tales, running on the second Monday of each month. This month we have a Storyround, come and tell a tale, share a song or a ballad. A relaxed and informal setting for sharing traditional stories. Entry costs £3 or £2 for concessions. **For more information find us on facebook – stowtellers- or email stowtellers@yahoo.co.uk.**

Jewellery Making Workshops

Saturday 11 October, 10–11am and

Saturday 25 October, 10am–1pm

124 Farnan Avenue, E17 4NH

Join us for some fabulous autumn workshops to learn a new skill or have a creative time in welcoming company. Come to our Taster Workshop on Saturday 11 October and make a beautiful pendant or pair of earrings. Cost is £10. Or learn the foundations of wire and bead techniques in our Introductory Workshop on 25 October. Cost is £35. Classes are small and friendly, booking is essential. **For more information please phone Birgit on 07910 251 629 or visit www.beyondbeading.co.uk.**

Word Down Walthamstow (including Open Mic)

Saturday 11 October, 7.30pm

Ye Olde Rose & Crown, 53–55 Hoe Street,
E17 4SA

Featuring host comic poet Neal Zetter, top stand up stars Dave Green and Elf Lyons, a madcap mixture of music and comedy from Jenny Beake, plus banjo-ukulele bashing bard Nigel Burch. Open mics must arrive at 7.15pm to sign-up or message WdW's Facebook page. Full bar. Tickets £5 (all acts free) on night or in advance. **For more information phone 020 8509 3880.**

Ye Olde Rose and Crown Open Mic

Wednesday 1 October, 7.30pm

55 Hoe Street, E17 4SA

On the first Wednesday of the month the Mirror Mic Team host an open mic night at Ye Olde Rose and Crown. This popular event attracts performers of all descriptions from all over. Come and cheer on some raw London talent and lets have some fun Walthamstow style! **For more information email andy@mirror-mic.com or phone 07940 260 558.**

Mirror Mic Open Mic at Hornbeam

Friday 10 October, 7.30pm

458 Hoe Street, E17 9AH

On the second Friday of the month the Mirror Mic team host a wonderful and intimate open mic night. This popular event attracts a variety of talent from all over London. From music to comedy there is something for everyone. **For more information email andy@mirror-mic.com or phone 07940 260 558.**

National Poetry Day

Thursday 2 October, 7.30pm

Hornbeam Cafe, 458 Hoe Street, E17 9AH

Come and celebrate national poetry day. Featuring Forest Poets, Andy Mirror, Raw, E11 Eco poets and more. With floor spots available we are going to cram in as much poetry as possible. Free buffet after. Come join us for an intimate evening celebrating the written word. **For more information email andy@mirror-mic.com or phone 07940 260 558.**

Children and young people

Acting Bugs

Fridays, 9.50–11.30am

The Peterhouse Centre, 122 Forest Rise,
E17 3PW

Acting Bugs and Diddy Bugs are interactive drama groups for children aged three to four years and 18 months to three years, led by local TV actress and mum, Sam Seager, and children's author Shirani Bolle. The sessions introduce pre-school children to drama in a fun and playful

way, inspiring young imaginations through storytelling, movement, music, puppets and bubbles. The sessions will get little ones imaginations buzzing, help develop focus and build confidence. Parents stay with children through the session. Numbers strictly limited, so please email to book your free taster session. **Email info@actingbugs.co.uk or visit www.actingbugs.co.uk.**

Children's Dance Classes

Wednesdays, times vary

Venues around Chingford

Dance lessons for children aged three and over, beginners are welcome. Elevation Dance Studios offers classes in Ballet, Modern, Tap and Musical Theatre. All children have the opportunity to take part in our annual show. Also available I.S.T.D exam classes and competition lessons held on Mondays. Your first lesson is free.

For more information phone 07946 598 174 or email levatiodancestudios@mail.com.

Council Meetings

Tuesday 23 September

Audit and Governance Committee

Friday 26 September

Health and Wellbeing Board, 12.30pm

All meetings are held at Waltham Forest Town Hall and start at 7.30pm unless stated otherwise.

Tell us what's on

Email your event details to:

walthamforestnews@walthamforest.gov.uk

Free internet access is available at all libraries in the borough.

The deadline for Monday 20 October edition is Friday 3 October

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

Extraordinary women...



Start your new career – Foster

Melanie is in her 40s, she likes spending time with her partner, friends and family. She enjoys cooking, especially ackee and salt fish. When she has time, reading biographies and catching episodes of Coronation Street are her escapes. She works part time as a support worker and really enjoys understanding other people.

Jackie has reached 60 this year. She is a single, youthful woman with three grown children. In her spare time she likes natural history programmes, listening to classical music and days at the beach. Her passion is helping others in the community.

What Melanie and Jackie have in common is they are both foster carers in Waltham Forest.

In Waltham Forest we believe that all kinds of people, no matter their background, can make a positive difference to a child's life.

Start your new career this autumn. Foster carers receive a professional fee and allowance for each child.

Contact us for more information:



020 8496 3668

fostering@walthamforest.gov.uk

www.walthamforest.gov.uk/fostering

We also give talks to clubs, groups and faith centres – please call us if you would like us to meet your group.

Foster

Come and meet us:

26 September

Leyton Library
Information Hub
10 – 3pm

29 September

Town Hall
Information Session
6.30 – 8pm

03 October

Leyton Library
Information Hub
10 – 3pm

10 October

Leyton Library
Information Hub
10 – 3pm

17 October

Leyton Library
Information Hub
10 – 3pm

23 October

Town Hall
Information Session
6.30 – 8pm

24 October

Leyton Library
Information Hub
10 – 3pm

24 October

Leyton Library
Information Hub
10 – 3pm



Waltham Forest

School meals are first class



Even more pupils can now enjoy tasty, nutritious school meals following additional council and government funding

- **Silver standard meals served in all Council catered primary and special schools**
- **New government scheme offers free school meals to all children in Reception and Years 1 and 2**

Excellent quality school meals are well and truly on the menu in Waltham Forest, with more children than ever being able to enjoy tasty and healthy lunches which will help them to achieve their full educational potential.

Waltham Forest Catering (WFC) remains the firm favourite school meal provider across the borough, with 70 per cent of schools signing up to a further four year deal with the Council's in-house catering service. This includes schools, academies and a free school.

Last year WFC produced 2.7million school meals for children and young people in the borough, and the number is set to increase from this month (September) following the introduction of the Universal Infant Free School Meals programme. This is a new Government scheme which means that all infant children in Reception and Years 1 and 2 will be entitled to free school meals. This could save parents up to £400 per year, depending on your school's

charging policy.

"Eating a nutritious school meal every day helps children to grow and develop, allowing them to achieve their full educational potential," Cllr Mark Rusling, Cabinet Member for Children and Young People, told Waltham Forest News.

"Having a school meal also gives young people the opportunity to taste and develop a liking for different foods, and to enjoy the social benefits of having lunch with friends. The opportunity to make the right food choices at school also allows children to establish healthy eating habits for the future, which will also help to reduce obesity."

WFC prepares virtually all dishes from fresh, carefully selected raw products, and has achieved the Food for Life Silver Catering Mark for its primary and special school meals, and the Bronze Catering Mark for its secondary school meals. These Catering Marks give an independent endorsement which

shows that food providers are taking steps to improve the food they serve, using fresh ingredients that are free from trans fats and harmful additives, and are better for animal welfare. WFC also holds the Marine Stewardship Council Chain of Custody for seafood traceability. These endorsements mean parents can rest assured their children are getting good quality meals at lunchtime.

The Council has invested a significant amount to improve school kitchens and dining facilities across the borough, and a grant of £620,765 from the government's Education Funding Agency will be used to provide free school meals under the Universal Infant Free Schools Meals scheme.

Over the school summer holiday period the Council made improvements to kitchen and dining facilities at 19 schools. At St Mary's Catholic Primary School in Chingford pupils now benefit from having meals cooked freshly on site in their new kitchen. Previously

meals had been transported from another local school. Another 18 schools have refurbished or virtually brand new kitchens, including Woodford Green Primary, Chapel End Infants and Longshaw Primary.

New or refurbished school kitchens are fully equipped with modern combination cookers, oven ranges, dishwashers, fridges and freezers, and ventilation and safety systems. New kitchen equipment is more energy efficient, which means lower running costs for schools and less of an impact on the environment. With 14,000 freshly cooked meals being prepared every day in the borough's schools, it is essential that kitchens are equipped with modern facilities.

More info

For more information on school meals visit www.walthamforest.gov.uk/schoolmeals, phone 020 8496 3000 or contact your school office.

In brief

Open day fun

Families flocked to a play in the park session and open day held by Leyton Children's Centre (51 Beaumont Road, E10 5DE) on Wednesday 17 September. The open day featured a host of activities for families with children aged 0 to 5, including bouncy castles, stalls, games, food, face painting and play activities. The event took place in the park opposite the Centre's Cyberlink Building, on Beaumont Road. The Centre runs a range of activities and provides support for children, parents and carers throughout the year.

• For more information visit www.leytonchildrenscentre.org or phone 020 8496 2737.

Grow Wild

A bigger adventure is now in store for children with the opening of a new phase of the Grow Wild play space at The Lloyd Park Centre (Winns Avenue entrance, Lloyd Park, E17 5JW). The new space features tunnel slides, water play, log climbing, rope bridges and much more, and adds to the original Grow Wild that opened in September 2011. Phase two was officially opened on Saturday 6 September, and was constructed by adventure playground experts Apes at Play, who have previously worked on projects at the Queen Elizabeth Olympic Park and London Zoo.

• For more information on The Lloyd Park Centre visit www.thelloydparkcentre.co.uk or phone 020 8531 9522.

Youth Games Award

Waltham Forest student Helena Stone collected the prestigious Volunteer of the Year award at the annual London Youth Games Awards held on Thursday 11 September. 17-year-old Helena, who represented the borough in the 2014 London Youth Games kayak competition, helped with school taster sessions, arranging equipment transport and coaching young paddlers, all while continuing with her own training. Team Waltham Forest placed ninth out of 26 boroughs in the kayak competition. Helena, who attends Forest School, was presented with her award by Olympic and World 400m gold medallist Christine Ohuruogu. The evening was a celebration of the 2014 London Youth Games, which was the biggest so far with over 126,000 participants.

• For more information visit www.londonyouthgames.org. Free internet access is available at all libraries in the borough.

Age UK Waltham Forest

We need Volunteers for our new Patient Experience Project

We have been contracted to undertake interviews with people about their experience of Integrated Care Services.

We are looking to recruit volunteers to guide patients and families through sharing their experience by carrying out face to face interviews in people's homes or at Age UK Waltham Forest offices.

Our simple application form and further information is available online
www.ageukwalthamforest.org.uk
 or by telephone 0208 558 5512 or email
info@ageukwalthamforest.org.uk

We also have vacancies for the following:

Meet and Greet Volunteers
 Chingford

Gardening Volunteers
 Chingford

Befriending Volunteers
 Chingford

Volunteer Computer Tutors
 Walthamstow/Chingford

Information and Advice Volunteers
 Borough Wide

'Your Choice' Volunteers

If you have a particular skill, interest or hobby you would like to share, please do let us know as we are always looking for new ideas.



Join the challenge!

Search now for Stoptober



Face-to-face



Pack



App



Text



Email



You can find all of our support tools online.
 Simply search Stoptober.

And there's loads more for you
 You'll find loads of support on Facebook and Twitter to help you along.
 And there are jokes too!

f /stoptober @stoptober



Adopt

CREATE A CLOSE FAMILY

Ever thought about adoption?

Come to our next informal information evening on
 October 14th at Waltham Forest Town Hall 6.30pm.

Meet our friendly, experienced adoption team
 and people who have adopted already.

Or call us on 020 8496 1588

www.walthamforest.gov.uk/adopt



Stub it out this October

- **Smokers encouraged to take part in 28-day Stoptober challenge**
- **Clinics and roadshow offer local support to help you quit**



Residents can get help to stop smoking during October

Thousands of people will be taking the 28 day Stoptober challenge this October, part of the Public Health England campaign which aims to help people kick their smoking habits. Research shows that if you stop smoking for 28 days you are five times more likely to stop for good.

If you are planning to take the 28 day challenge then NHS Stop Smoking Services offers lots of free support to help you on your way. This ranges from support tools such as apps and packs to counselling services offering encouragement and expert advice on how to manage any withdrawal symptoms. You can also get up to four weeks of free products to help you combat cravings. People who use NHS support services are four times more likely to quit smoking than those who try to go it alone.

There are four local Stop Smoking Clinics where you can

get face to face support. If you would like to visit one please phone 020 8532 6284 to book your appointment. See the fact file below for details of when each group meets.

The NHS Stop Smoking Service will also be running a Stoptober roadshow in Walthamstow Town Square on Friday 10 and Saturday 11 October, 10am-4pm, offering further advice and information to anyone taking the challenge.

Walthamstow resident Marie-

Louise Noel was a smoker for 30 years before finally kicking the habit aged 42. "The products that I used took the edge off my cravings, but what I found most useful was going to the weekly drop-in clinic at St James Street," Marie-Louise told Waltham Forest News. "The advisors were very knowledgeable about the effects of smoking and the health benefits of stopping."

"Since I stopped smoking my life has improved no end. My children were so proud of me; I feel

fitter and rarely get ill. My biggest achievement since I stopped smoking is that I became a stop smoking advisor myself. I am able to give something back to my community not only because I am an ex-smoker, but because I went through the programme myself."

Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing added: "If you want to stop smoking for good there are a range of services available offering useful help and advice. People who use support services are four more times more likely to quit than those who try to go it alone, so I encourage smokers to use the support available."

"Stopping smoking is the single most important thing you can do for your health and the health of those around you, and it is never too late to quit."

There are many health benefits from giving up smoking, including adding seven days to your life expectancy for every 28 days you are smoke free. It can also make your bank balance look healthier too, with savings for smokers giving up estimated to be around £150 a month.

More info

For more information and advice visit www.smokefree.nhs.uk/stoptober or phone 0800 032 0102 for local advice and support

Fact file

Local Stop Smoking Clinics

- **Comely Bank Health Clinic, 46 Ravenswood Road, E17 9LY. Mondays, 3.30–6pm**
- **St James Health Centre, 47 St James' Street, E17 7NH. Tuesdays, 5–7pm**
- **Langthorne Health Centre, 13 Langthorne Road, E11 4HX. Thursdays, 2.30–5pm**
- **Whipps Cross Hospital, Whipps Cross Road, E11 1NR. Saturdays, 10am–12noon.**

In brief

Eye Health Week

National Eye Health Week takes place from 22 to 28 September, and local charity Waltham Forest Vision is reminding residents about the importance of having regular eye tests. Over 50 per cent of sight loss in the UK can be prevented or treated, so it is recommended that you have an eye health check every two years. An eye test can pick up on some conditions before you notice any difference in your sight, including potentially blinding ones such as Glaucoma. The sooner a sight condition is detected, the quicker it can be treated and any harm to your eyes reduced. An eye health check can also pick up more general health issues like high blood pressure and diabetes.

• **For more information phone 07940 747133, visit www.walthamforestvision.org.uk or email enquiries@walthamforestvision.org.uk.**

Health Services AGM

Residents are invited to attend the NHS Waltham Forest Clinical Commissioning Group's (CCG) Annual General Meeting to share their thoughts on health services across the borough and hear more about the CCG's work over the past year. The meeting takes place at Walthamstow Assembly Hall (Forest Road, E17 4SU) on Wednesday 24 September, from 6.30pm. During its first year of operation the CCG identified a number of health challenges that people are facing every day. It is now working with patients and carers, community and voluntary groups and Waltham Forest Council to address these challenges and improve local health services.

• **For more information visit www.walthamforestccg.nhs.uk.**

Living with Diabetes Day

A free educational event to help people in Waltham Forest who have recently been diagnosed with Type 2 diabetes is being held next month. Living with Diabetes Day, organised by Diabetes UK, will take place at Leyton Orient FC (Brisbane Road, E10 5NF) on Thursday 2 October. People with the condition are being encouraged to sign up now. The event aims to help people who have been diagnosed with Type 2 Diabetes and provide them with the essential information they need to live well with the condition. People who have had the condition for longer are also welcome to attend.

• **To register for the event visit www.diabetes.org.uk/lwdd, phone 0345 123 2399 or email lwdd@diabetes.org.uk.**



Black History Comedy Night

Friday 10 October 2014, 7.30pm–11.30pm

Join us for a brilliant night of comedy and music.

Hosted by the fantastic Eddie Nestor and Robbie Gee you'll be in for a night of non-stop side-splitting laughter with comedy from Slim, Curtis Walker, Quincy, Mr Cee, Dane Baptiste and Njambi McGrath.

If that's not enough, the night continues with musical entertainment from the fabulous Omar, Don E and Jessica Wilde. Plus there will be entertainment from local singers.

Tickets:

Adults: £9

Under 16s and over 60s: £4.50
(plus booking fees).

Doors open 7pm, show starts 7.30pm

Walthamstow Assembly Hall, Town Hall Complex
Forest Road, Walthamstow E17 4JD

For further details and ticket information visit
www.walthamforest.gov.uk/get-together



www.walthamforest.gov.uk/get-together

Facebook.com/walthamforestcouncil Follow us on twitter@LBWFEvents

**GET TOGETHER TO ENJOY
ANOTHER BRILLIANT YEAR
IN WALTHAM FOREST**

**TICKETED
EVENT**

Hosted by

Robbie Gee & Eddie Nestor



Slim



Curtis Walker



Quincy



Mr Cee



Dane Baptiste



Njambi McGrath



Omar



Don E



Jessica Wilde



Waltham Forest

DISPERSAL ORDER

Forest

The Dispersal order in the Forest area outlined on the map will provide additional police powers to disperse groups of two or more people involved in anti-social behaviour.

Once asked to disperse, it will be a criminal offence for that person to return to the dispersal area for a 24-hour period.

If a young person under the age of sixteen is stopped in the area after 9pm and is not accompanied by an adult, the police can escort them to their home address.

For enforcement of the Dispersal Order, please contact:

Waltham Forest Police

101

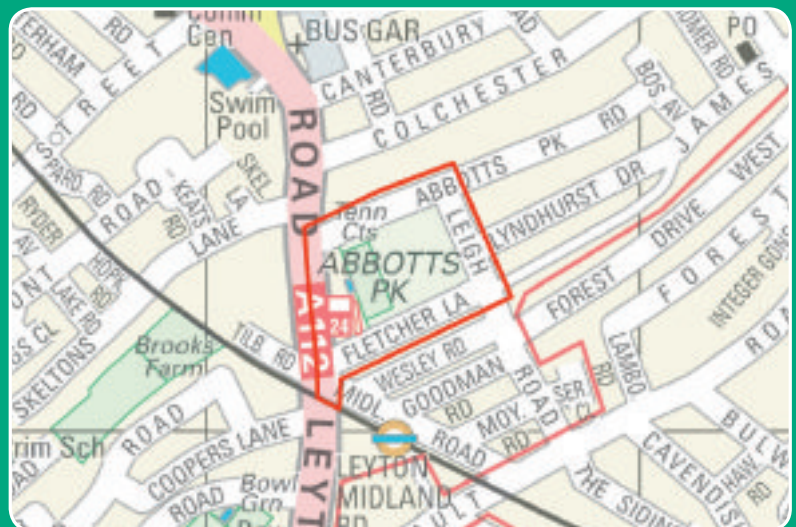
Forest Ward Neighbourhood Policing Team

Sgt Fiona McCabe, 020 8721 2645

For further information on this Dispersal Order, or to report anti-social behaviour please contact:

Anti-social behaviour team 020 8496 3000 or visit
www.walthamforest.gov.uk/asb

**The Dispersal Order will commence from
00:01 on Friday 5 September 2014 and will
end at 23:59 on the Wednesday 4 March 2015.**



WALTHAM FOREST POLICE

SAFER NEIGHBOURHOODS



Waltham Forest

Keep up to date with the latest news in Waltham Forest

If you want to be kept informed of the latest council news, events, service changes and consultations, sign up to Waltham Forest Council e-news online at www.walthamforest.gov.uk/enews



You're invited...
Open Day Thursday 6th November
Visit us for a tour of the facilities and sample our finger buffet and beverages.
From 2.30pm - 4.30pm

Our free wedding show Sunday 5 October 11.00am - 3.00pm

New for 2015
Gilwell Park is now an approved licenced venue for Civil Ceremony purposes!

GILWELL PARK
TRAINING AND EVENT CENTRE
Weddings, parties, conferences, corporate activity days, training
towntocountry.co.uk/gilwell
facebook.com/towntocountry @GPconferences

© 2014 The Scout Association Registered Charity Number 208 101 / 15009420
Gilwell Park, Bury Road, Chingford, London E4 7QW
e: gilwell.conferences@scouts.org.uk t: 0208 408 5300

Changes to Customer Services in Waltham Forest

The Council proposes to close the Customer Service Centre on Hoe Street, Walthamstow.

Instead, Customer Services would be provided at each of the four Library Plus venues, with a focus on helping customers to use online services.

Services include:

- pre-booked appointments for registering a birth
- making payments via the self-service facility
- support to make online claims
- document scanning

Many services can also be accessed via our website at www.walthamforest.gov.uk and we aim to increase these in future. Additional support would continue to be available through our Telephone Contact Centre.

Your Views

To help with a smooth transition we'd like to understand how this change would affect residents and what support residents might need to access online services from home or at Library Plus venues.

Please share your views at www.walthamforest.gov.uk/csc-consultation by Monday 6 October 2014. You can pick up a printed questionnaire at any Library Plus or call **020 8496 3000** to request a copy.

All Waltham Forest Libraries offer free internet access:
Find your nearest Library Plus:

Leyton Library	Leytonstone Library	North Chingford Library	Walthamstow Library
High Road Leyton E10 5QH	6 Church Lane Leytonstone E11 1HG	The Green Chingford E4 7EN	High Street Walthamstow E17 7JN

For more information call **020 8496 3000**

Email: wfdirect@walthamforest.gov.uk



Notices

PUBLIC NOTICE LONDON BOROUGH OF WALTHAM FOREST DESIGNATION OF AN AREA FOR SELECTIVE LICENSING Section 80, Housing Act 2004

Notice is hereby given that the London Borough of Waltham Forest in exercise of its powers under section 80 of the Housing Act 2004 ("the Act") has on the 24th day of June 2014 designated for selective licensing the area of the London Borough of Waltham Forest as delineated and edged red on the Map at Annex A. The designation shall be known as the London Borough of Waltham Forest Designation of an Area for Selective Licensing 2014. The designation applies to any privately rented property subject to any statutory exceptions set out below. The designation falls within a description of designations for which the Secretary of State has issued a General Approval under section 82 of Housing Act 2004: Licensing of Houses in Multiple Occupation and Selective Licensing of Other Residential Accommodation (England) General Approval 2010 dated 30th March 2010. Therefore the designation need not be confirmed and will come into force on 1st April 2015 and unless previously revoked, this designation shall cease to have effect on 31st March 2020. This designation applies to any house which is let or occupied under a tenancy or licence within the area shown at Annex

A unless:

1. The house is a house in multiple occupation and is required to be licensed under Part 2 of the Act; or
2. The house is subject to a temporary exemption under section 86 of the Act; or
3. The house is subject to an Interim or Final Management Order under Chapter 1 or 2 of Part 4 of the Act;
4. The tenancy or licence of the house has been granted by a body which is registered as a social landlord under Part 1 of the Housing Act 1996;
5. The house is occupied under a tenancy or licence which is exempt under the Act or the occupation is of a building or part of a building so exempt as defined in The Selective Licensing of Houses (Specified Exemptions) (England) Order 2006 SI 370/2006

Upon the Designation coming into force on 1st April 2015 any person who operates a licensable property without a licence shall be guilty of an offence under Section 95(1) of the Act, and shall be liable to prosecution and upon summary conviction liable to a fine not exceeding £20,000. A person who breaches a condition of a licence is liable to prosecution and upon summary conviction liable to a fine not exceeding £5,000.

If you are a landlord, managing agent, or a tenant, and wish to inspect this designation, apply for a licence or require further information, this is available from:

**The Private Sector Housing Team
Waltham Forest Town Hall
Sycamore House
Forest Road London E17 4JF
Telephone 020 8496 3000 or e-mail
selective.licensing@walthamforest.gov.uk**

Highways

LONDON BOROUGH OF WALTHAM FOREST STONEYDOWN PRIMARY SCHOOL – PRETORIA AVENUE EXPERIMENTAL INTRODUCTION OF SCHOOL KEEP CLEAR MARKINGS AND AMENDMENTS TO WAITING RESTRICTIONS AND PARKING THE WALTHAM FOREST (PROHIBITION OF STOPPING OUTSIDE SCHOOLS) (AMENDMENT NO. 3) EXPERIMENTAL TRAFFIC ORDER 2014 THE WALTHAM FOREST (WAITING AND LOADING RESTRICTION) (AMENDMENT NO. 24) EXPERIMENTAL TRAFFIC ORDER 2014 THE WALTHAM FOREST (BLACKHORSE LANE CPZ) (AMENDMENT NO. 2) EXPERIMENTAL TRAFFIC ORDER 2014 THE WALTHAM FOREST (FREE PARKING PLACES) (REVOCATION NO. 2) EXPERIMENTAL TRAFFIC ORDER 2014 T25 (2014)

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest (the Council) on **18th September 2014** made the above Orders under sections 9 and 10 of the Road Traffic Regulation Act 1984 as amended. The Orders will come into force on **30th September 2014** and may continue in force for up to 18 months.

2. The general effect of the Orders on **Pretoria Avenue E17** will be to:-

- (a) remove a free short stay parking place opposite Longfield Road and a permit parking place outside Stoneydown Primary School and introduce single yellow line waiting restrictions operating between 8 a.m. and 6.30 p.m. Mondays to Saturdays inclusive and school keep clear markings operating Mondays to Fridays 8 a.m. to 9.30 a.m. and 2.30 p.m. to 4 p.m.;
 - (b) reduce permit parking space south of No. 84 Pretoria Avenue by 2.2 metres; and
 - (c) relocate a section of double yellow line waiting restriction south of No. 84 Pretoria Avenue, southward by 3.5 metres and extend by 1 metre.
3. Documents giving more detailed particulars of the Orders are available for inspection between 9.30 am and 4.30 pm on Mondays to Fridays inclusive (except Bank Holidays), from the date on which this notice is published until the Orders cease to have effect, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17 4JF and (b) Low Hall Depot, Argall Avenue, London, E10 7AS.

4. Where it appears necessary for certain purposes, an officer authorised by the London Borough of Waltham Forest, may, in pursuance of section 10(2) of the Road Traffic Regulation Act 1984, modify or suspend any provision of the experimental Traffic Orders while it is in force.

5. The Council will be considering in due course whether the provisions of the experimental Orders should be continued in force indefinitely by means of permanent Orders made under sections 6, 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984. Any

person may object to the making of the permanent Orders for the purpose of such indefinite continuation within a period of six months beginning with the day on which the experimental Orders come into force or, if the Orders are varied by other Orders or modified pursuant to section 10(2) of the 1984 Act, beginning with the day on which the variation or modification came into force. Any such objection must be made in writing and must state the grounds on which it is made and be sent to Traffic Orders, Environment and Regeneration, Low Hall, Argall Avenue, London, E10 7AS, quoting reference Traffic Orders T25. Any objection may be communicated to, or be seen by, other persons who may be affected.

6. If any person wishes to question the validity of any of the Orders or of any of its provisions on the grounds that it is not within the powers conferred by the Road Traffic Regulation Act 1984, or that any requirement of that Act or any instrument made under that Act has not been complied with, that person may, within 6 weeks from the date on which the Orders are made, apply for the purpose to the High Court.

Dated 22nd September 2014

Mr. K. Valavan

**Head of Highways and Infrastructure,
Public Realm, Low Hall, Argall Avenue,
London, E10 7AS**

LONDON BOROUGH OF WALTHAM FOREST PERMANENT MAKING OF EXPERIMENTAL PROVISIONS BICKLEY ROAD E10 – FREE SHORT STAY, BROOKE ROAD E17 – ROAD CLOSURE AND WAITING RESTRICTIONS – “PLAY STREET” EVENTS AND ROLAND ROAD E17 – ONE WAY TRAFFIC OPERATION

**The Waltham Forest (Prescribed Routes) (No. 6) Traffic Order 2014
The Waltham Forest (Waiting and Loading Restrictions) (Amendment No. 58) Traffic Order 2014
The Waltham Forest (Prescribed Routes) (No. 7) Traffic Order 2014
The Waltham Forest (Free Parking Places) (Short Stay) (Amendment No. 18) Traffic Order 2014
T28 (T23, T24, T26 (2013))**

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest (the Council) on **18th September 2014** made the above mentioned Traffic Orders under sections 6 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Orders will be to continue indefinitely:-

- (a) the provisions of *The Waltham Forest (Free Parking Places) (Short Stay) (Amendment No. 4) Experimental Traffic Order 2013* so that free, short stay parking places operate between 8 a.m. to 6.30 p.m. on Mondays to Saturdays inclusive, with a maximum stay period of either 30 minutes, with no return within 1 hour, or 2 hours, with no return within 4 hours, into certain sections of **Bickley Road E10**;
- (b) the provisions of *The Waltham Forest (Waiting and Loading Restrictions) (Amendment No. 19) Experimental Traffic Order 2013* to restrict all vehicles from

waiting or loading within the existing "school keep clear" markings located on the east side of Brooke Road E17 and the provisions of *The Waltham Forest (Prescribed Routes) (No. 5) Experimental Traffic Order 2013* to prohibit all vehicles (other than for access purposes or vehicles connected with the event) from entering **Brooke Road E17** between the hours of 3 p.m. and 5 p.m. on the first Sunday of every month; and

(c) the provisions of *The Waltham Forest (Prescribed Routes) (No. 6) Experimental Traffic Order 2013* so that one way traffic operation continues south-west and southbound, into a section of **Roland Road E17**, between its junction with Wood Street and its junction with Oliver Road, with an exemption for pedal cycles.

3. Copies of the Orders, which will come into operation on **23rd September 2014** and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to question the validity of any of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Orders may, within six weeks of the making of the Orders, make application for the purpose to the High Court.

Dated 22nd September 2014

Mr. K. Valavan

**Head of Highways and Infrastructure,
Public Realm, Low Hall, Argall Avenue,
London, E10 7AS**

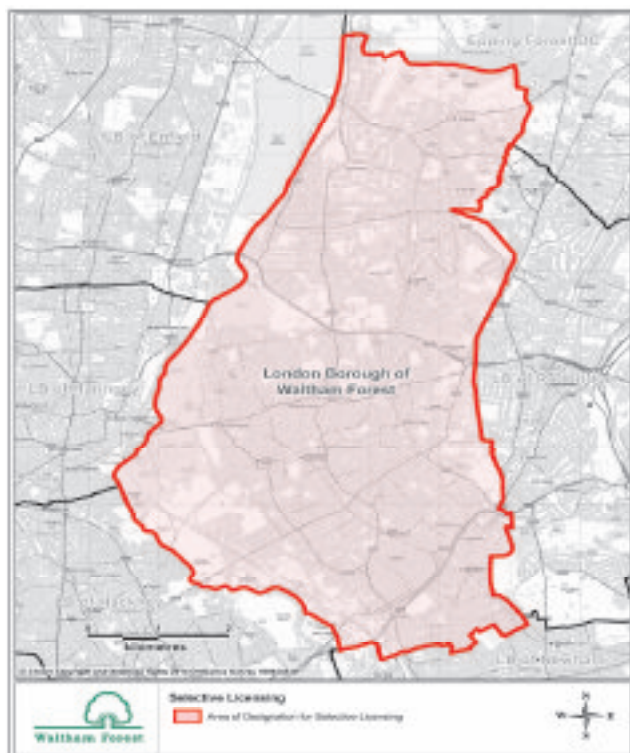
LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (PEMBROKE ROAD MINI HOLLAND VILLAGE) (VARIOUS TEMPORARY MEASURES) ORDER 2014 TT50

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on 18th September 2014 it made an Order to initiate cycle friendly highway improvements within the Pembroke Road mini Holland village area in a safe and efficient manner, the general effect of which will be, only at such times and to such extent as regulatory signs are displayed, to prohibit traffic (except works vehicles and cycles), restrict waiting and loading by vehicles (except works vehicles) and temporarily suspend and make provision of one-way working in adjoining roads.

2. Whilst the Order is in operation no person shall cause or permit any vehicle to:-

- (a) enter or proceed (except cycles) for any purpose, at any time, in the roads or sections of roads mentioned in Schedule 1 to this notice;
- (b) enter, proceed (except buses and cycles) for any purpose, at any time, in the roads or sections of roads mentioned in Schedule 2 to this notice;

Annex A



- (c) proceed in any direction other than from west to east at any time in:
- (i) **Barclay Road** between its junction with Beulah Road and a point outside the north-eastern boundary of No. 61 Beulah Road; and
- (ii) **Maynard Road** between its junction with Beulah Road and a point outside the north-eastern boundary of No. 77 Beulah Road; and
- (d) proceed in any direction other than from south to north at any time in **Beulah Road** between its junctions with Grosvenor Rise East and the northern kerb-line of Addison Road.
3. Whilst the Order is in operation no person shall cause or permit any vehicle proceeding in:-
- (a) **East Avenue E17** to turn left or right into Orford Road "at any time";
- (b) **College Road E17** to turn left into Grove Road "at any time";
- (c) **Wingfield Road E17** to turn left or right into Orford Road "at any time".
4. Whilst the Order is in operation the one way workings in **Eden Road E17** (northern arm), **Grosvenor Road E17** (eastern arm) and **Beulah Road E17** (northern arm) as prescribed by items 2(a), 3(a) and 4 of the Schedule to The Waltham Forest (Prescribed Routes) (No. 2) Traffic Order 1983 are hereby temporarily suspended only during such time this Order remains in force.
5. Vehicular access to properties affected by these temporary measures will be maintained wherever possible, subject to the extent and operation of the closures.
6. Whilst the prohibitions referred to in paragraphs 2 and 3 above remain in force,

advance warning signage and alternative routes for traffic shall be in place.

7. The Order will come into operation on **26th September 2014** and will be valid until **13th October 2014**.

Dated 22nd September 2014

Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

Schedule 1

East Avenue E17 – between its junction with St Mary's Road and a point 5 metres north-west of the common boundary of Nos. 21 and 23 East Avenue;

Eden Road E17 – between its junction with Orford Road and a point 20 metres south of that said junction

Grove Road E17 – within 15 metres east and west of its junction with Pembroke Road;

Grove Road E17 – immediately west of its junction with College Road E17;

Grove Road E17 – immediately west of its junction with Shernhall Street;

Pembroke Road E17 – within 15 metres north and south of its junction with Grove Road;

Shernhall Street E17 – immediately at its junction with Lea Bridge Road;

West Avenue E17 – between its junction with St Mary's Road and a point adjacent the north-western wall of No. 38 West Avenue.

Schedule 2

Orford Road E17 – at the western kerb-line of East Avenue and Wingfield Road

Orford Road E17 – between the eastern kerb-line of East Avenue and Wingfield Road and a point adjacent the eastern kerb-line of Eden Road

Planning

LONDON BOROUGH OF WALTHAM FOREST PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990 – SECTION 67

NOTICE IS HEREBY GIVEN that the following application for a building within a Conservation Area has been made to this Authority.

APPL.NO 2014/1827

APPLICANT Family Mosaic

ADDRESS 3 Forest Glade, Leytonstone, E11 1LU

PROPOSAL Replacement of front door and windows with timber double glazed windows and door.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday.

Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated 22nd September 2014

David Scourfield – Development Management on Behalf of London Borough of Waltham Forest

LONDON BOROUGH OF WALTHAM FOREST TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND) ORDER 2010 – NOTICE UNDER ARTICLE 13

NOTICE IS HEREBY GIVEN that the following application for planning permission has been made to the Council for which additional publicity is required.

APPL.NO 2014/1853

APPLICANT Diocese of Brentwood

ADDRESS Holy Family Catholic School Walthamstow House Site, 1 Shernhall Street Walthamstow, London E17

PROPOSAL Construction of two storey building for classroom/offices purposes. The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated this day 22nd September 2014
David Scourfield – Head of Development Management on Behalf of London Borough of Waltham Forest

Waltham Forest News advertising

Did you know Waltham Forest News has a circulation of 110,000 – Advertising has never been so effective?

For further information on the different advertising opportunities available please call 020 8496 3000 (press option 6) or email: advertisingwfn@walthamforest.gov.uk

YES you can

70% of household waste is recyclable

Just some of the items you can put in your green bin



Tins, cans and trays



Mixed glass



Cartons



Mixed plastics



Paper and card



Plastic bags

As so much of your waste is recyclable, your green bin is your main bin. Use your main kitchen bin to store your recyclable waste, and a smaller container for everything else.



 **recycle**
for Waltham Forest

For more information on recycling
phone **020 8496 3000** or
visit www.walthamforest.gov.uk/recycling


Waltham Forest

Enrolling now!

Learn new skills to get onside with employers – from beginner level upwards. Our courses are local and at times and days to meet your needs.

See our website or come along to one of our centres to speak to our knowledgeable and friendly team about all our courses and how they can help you get the job you want.

FREE Job Skills Workshops

Want to get back to work? Our FREE Job Skills Workshops will help you identify your skills and make an action plan to help you get the job you want. Sessions run during term time only. You will:

- Learn to use the Universal Jobmatch website

- Write or update your CV
- Complete accurate application forms
- Write an effective covering letter
- Prepare for a confident interview
- Develop your presentation skills
- Search for suitable vacancies
- Create an email account

You can just turn up at one of the sessions, or book at Queens Road Learning Centre or Leytonstone Learning Link. We also run FREE short job skills courses starting throughout the year. Contact any of our centres or email us for more information.

Leytonstone Learning Link

Wednesday, 9.30am – 12.30pm (LLA5072)

Queens Road Learning Centre

Friday, 9.30am – 12.30pm (QRA5073)

Centre addresses

Queens Road Learning Centre

97 Queens Road,
Walthamstow E17 8QR
Tel: 020 8496 2974

Leytonstone Learning Link

23–25 North Birkbeck Road,
Leytonstone E11 4JF
Tel: 020 8496 1061

Leyton Neighbourhood Learning Centre

3 The Square, High Road,
Leyton, E10 5NR
Tel: 020 8496 1131

Apprenticeship Jobs for 16–18s

Are you committed, work-ready with the drive to succeed? You can earn up to £223 per week with paid holidays. Apprenticeships offer:

- Excellent career prospects
- Specialist training to gain industry specific qualifications

- Opportunities to work for high quality employers
- Expert support from your personal placement officer to help you succeed
- Business administration, customer service and accounting

Your future starts here

Join us at our recruitment days, employers are waiting for someone like you to join their team.

Leyton Neighbourhood Learning Centre, 3 The Square, High Road Leyton, Leyton, E10 5NR (opposite Pizza Hut, Leyton Mills Retail Park), nearest tube stop Leyton

Monday 13 October 2014, 9.45am – 12.30pm

Monday 17 November 2014, 9.45am – 12.30pm

“I strongly believe I have been presented an opportunity which will guide me to success”

Shae Dowridge 2014



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